

GTMO GOOD TIMES

August 2004



Volume IX

Issue 8

U.S. NAVAL STATION GUANTANAMO BAY, CUBA



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THE TRIPLE THREAT TRILOGY

MWR
BACK TO SCHOOL
BLAST

Aug 28th
10am to 2pm
At the
Sailing Center
Free Food!!!

Kayak Races, Water Iceberg,
Rock Climbing Wall, Bungee Run

Youth Soccer, Youth
Flag Football
Youth Dodgeball

To Gain Entry Into This Event,
Parents Are To Register/Pay For
Their Kids To Participate In One
Of The Youth Sports Program



ARMY vs NAVY RUGBY MATCH

August 28th
6pm at Cooper Field
FMI Call Chief Puello at 4502

ARMY vs NAVY FLAG FOOTBALL GRUDGE MATCH

August 28th
7:30pm at Cooper Field
FMI Call 'DD' at 2193



VILLAMAR CDC

PARENTS NIGHT OUT...

Upcoming Dates

August

6th, 13th, 20th, 27th

FMI CALL 3664

To hold a spot for your child a reservation fee of \$2.50 is due by Thursday of each week. An additional fee of \$1.50 is due for each additional child of the same family. This reservation fee is non-refundable.

One hour \$2.50, two hours \$5.00

Three hours or more \$12.00 for the evening

Youth Center

Hours of Operation
Mon - Fri
6am to 8am
2:30pm to 5:30pm
Fri. 7pm to Midnight
Sat. 3pm to Midnight
Kids K-6th Grade
FMI Call 4658

Aug 6

Bingo Night

Aug 7

Balloon Relays

Aug 13

Sport Night

Aug 14

Pizza & A Movie

Aug 20

BBQ

Aug 21

Outdoor Hockey

Aug 27

Back To School Party

Aug 28

Rock Climber/Bouncer Night



Teen Center

Hours of Operation
Monday-Thursday 2:30pm-10pm
Friday 2:30pm-Midnight
Saturday 1:30pm-Midnight
7th - 12th Grade
FMI Call 2096

Aug 6

Bowling Tournament

Aug 7

Skate Night

Aug 13

Hang Out Night

Aug 14

Pool Party

Aug 20

Back To School Party

Aug 21

Rock Wall

Aug 27


Pizza & A Movie

Aug 28

Water Balloon Fun

MARBLEHEAD LANES BOWLING CENTER

XTREME BOWLING



Friday & Saturday
7pm - 12 Midnight

Sunday
1pm - 6pm

HOURS OF OPERATION

Mon - Sun, 3pm to 12 Midnight
Sat & Sun, 11am to 12 Midnight
Phone 2118

LIBERTY CENTER

Single Service Member Program

Phone 2010

Monday - Thursday 10am to 12am

Friday & Saturday 10am to 1am

Sunday & Holidays 11am to 12am

MOVIE NIGHT

Every Monday and Thursday night is Movie Night in the LIBERTY Program Recreation Center located on Marine Hill. The feature begins at 7pm. Call 2010 to find out what's showing.

All tournaments are held in the Recreation Center unless otherwise stated. Top finishers receive trophies. Look at the August schedule of events to find out what time all of your favorite tournament are being held. Drop by the Rec Center to check out equipment, play games or get on the internet. There's a big screen TV for watching games or movies. There's plenty of room so everyone gets a good seat!

CALENDAR OF EVENTS

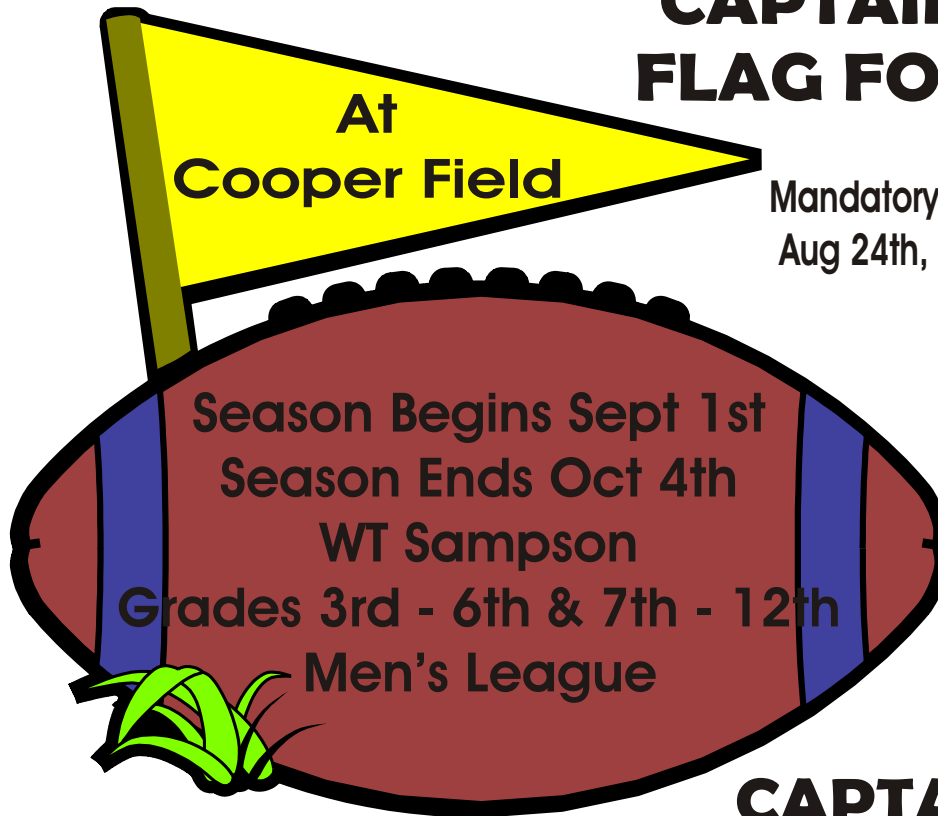
Spades Tournament - Aug 8th
Darts Tournament - Aug 11th
Night Fishing - Aug 13th
Liberty Tee Time - Aug 14th
Bowling Tournament - Aug 18th

Chess Tournament - Aug 22nd
Ping Pong - Aug 25th
Night Fishing - Aug 27th
BBQ-n- A Game - Aug 28th
6 on 6 Soccer - Aug 29th

CAPTAIN'S CUP FLAG FOOTBALL

At
Cooper Field

Mandatory Coaches Meeting
Aug 24th, 2pm at Base Gym



Season Begins Sept 1st
Season Ends Oct 4th
WT Sampson
Grades 3rd - 6th & 7th - 12th
Men's League

CAPTAIN'S CUP VOLLEYBALL

Season Begins Sept 2nd
Season Ends Oct 16th
WT Sampson
Grades 7th - 12th
Men & Women's League



HOURS OF OPERATION

G.J. Denich Gym
Ph: 2193 Fax: 2560
Mon-Sun 5am to 11pm
Holidays 10am to 6pm

Marine Hill Gym
Ph: 2285
Mon-Fri 5am to 10pm
Sat, Sun & Holidays 9am to 9pm

FM? About Any Of These Events

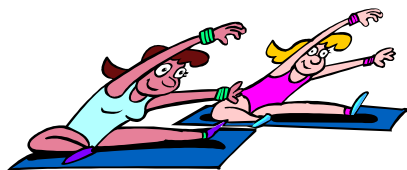
Please Call The MWR Sports Office at 2193

Mandatory Coaches Meeting
Aug 24th, 2pm at Base Gym



MWR FITNESS MADNESS SCHEDULE

CARDIO KICKBOXING	M-TU-W-TH-F	1800-1900	MARINE HILL CARDIO CENTER
CARDIO KICKBOXING	SAT	1600-1700	MARINE HILL CARDIO CENTER
SPINNING	M-TU-W-TH-F	0615-0715	GJ DENICH GYM
SPINNING	M-TU-W-TH-F	1800-1900	GJ DENICH GYM
YOGA	M-TU-W-TH	1700-1800	MARINE HILL CARDIO CENTER
WATER AEROBICS	TU-TH	0600-0700	MARINE HILL POOL
WATER AEROBICS	SAT	0900-1030	WINDJAMMER POOL
STEP AEROBICS	M-W-F	0830-0930	MARINE HILL CARDIO CENTER
STEP-N-SCULPT	M-W-F	1130-1230	MARINE HILL CARDIO CENTER
PILATES	TU-TH	1130-1230	MARINE HILL CARDIO CENTER
PILATES	TU-TH	1900-2000	MARINE HILL CARDIO CENTER
BUSHIDO	SUN	0900-1100	MARINE HILL CARDIO CENTER
TAEKWONDO KIDS	M-W-F	1900-2000	MARINE HILL CARDIO CENTER
TAEKWONDO ADULTS	M-TU-W-TH-F	2000-2100	MARINE HILL CARDIO CENTER



FM? Call Karissa at 2193/5576

email: sandstromka@usnbgtno.navy.mil

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OUTDOOR REC



Paintball Range

Sun 1pm to 5pm

All Other Days By Appointment Only

FMI Call 2345

Marina/Sailing Center

Mon - Thurs 8am to 7pm

Fri & Sat 6am to 11pm

Sun & Holidays 6am to 9pm

Boat Rental

Snorkel Gear

Skipper License

GTMO Queen
2 Hr Cruise

Kayaks

Water Skis

Sailing Lessons

FMI Call The Marina at 2345

Mwr Ceramics & Pottery

ADULT BEGINNER POTTERY CLASS

Part 1 - August 17th

Part 2 - August 31st

5pm to 7pm

Space Is Limited So Sign Up Today

Class Fee Is To Be Paid

At Time Up Sign Up

FMI Call 4795



Ceramic Shop Hours of Operation

TUESDAY - SUNDAY

11AM TO 8PM

Group Classes and Birthday Parties

Available Upon Request

FMI Call 4795

AQUATICS

Windjammer Pool
Hours of Operation
9am to 8am
Monday to Sunday
10am to 6pm
Holidays

Marine Hill Pool
Hours of Operation
6am to 8pm
Monday - Saturday
10am to 6pm
Sundays & Holidays



Deer Point Pool
Hours of Operation
9am to 8pm
Monday - Sunday
10am to 6pm on Holidays

WATER AEROBICS

Tue & Thurs
6am to 7am
Marine Hill Pool

Saturday
9:30am - 10:30am
Windjammer Pool

***To Book A Pool Party
Or For More
Information Call 2193***

Lap Swim Available At Marine Hill Pool

THE BAYVIEW

**Hours of Operation
Tuesday - Saturday
5:30pm to 9:30pm
For Reservations Call
2132/5604**

**Sunday Brunch
9am to 1pm
Every Sunday**

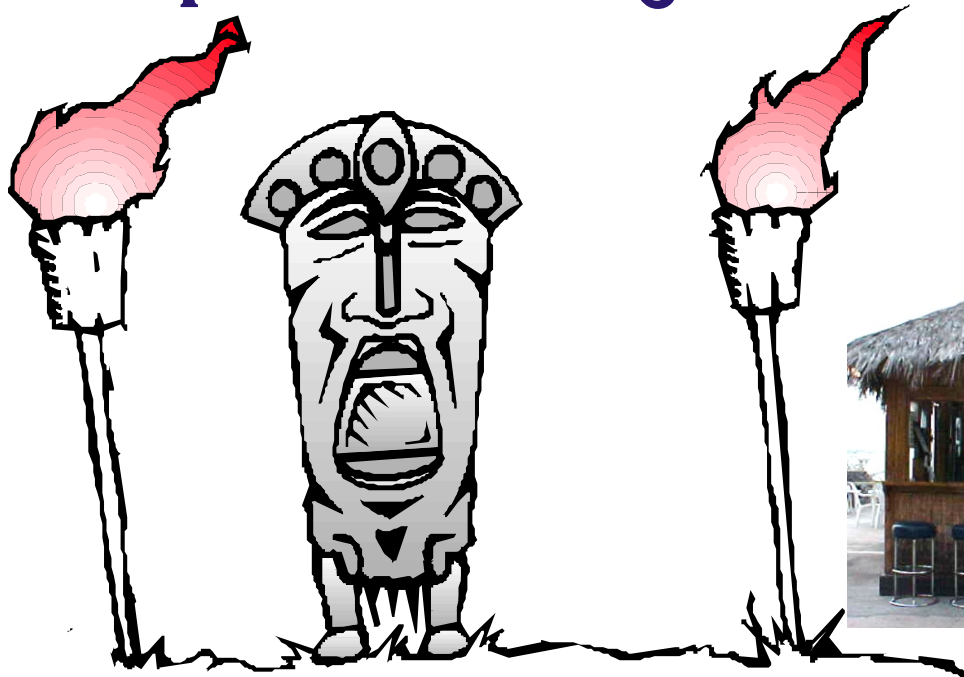
**Mongolian BBQ
Thursday Nights
On The Bayview Patio**

*Enjoy Chateaubriand For Two
While Overlooking The Beautiful Bay*

Make Your Reservations Today

TIKI BAR

Monday - Saturday
5pm to 12 Midnight



The Jerk House

Hours of Operation

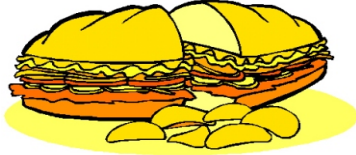
Mon - Sun
5pm to 10pm
Mon - Fri
11am to 1pm

Jerk Pork, Jerk Chicken,
Ribs, Rice & Beans
Corn on the Cob,
Johnny Cake, Cole Slaw

THE WINDJAMMER

Phone 2304/7995

Lunch served Mon-Sat 11am-1pm
Dinner served Daily 5:30-9 pm



Lunch Buffet
Monday - Friday
Mondays: Pizza Hut Buffet
Tuesdays: Taco Bar
Wednesdays: Soup and Sandwich Bar

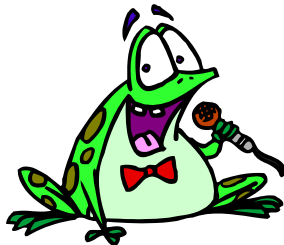


KARAOKE

Wednesday Nights at the Windjammer Club
Saturday Nights at Rick's Lounge

BINGO!

Every Sunday and Tuesday
Start Time 6:30pm
Open To All Hands



LIVE DJ

Friday and Saturday Nights
8pm to 12am



SALSA

Salsa Night
Every Thursday Night
7pm to 11pm
At The Windjammer Club

COUNTRY LINE DANCE CLASS

Every Monday
7pm to 9pm



**Phone Numbers
2304/7995**



**A&W Express and KFC Express
Hours of Operation
11am to 11:30pm
7 Days a Week
PHONE: 2118**